



# NHBZ Weekly News

## *Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

July 16, 2022 • 17 Tammuz 5782 • Candle Lighting 8:07pm • Shabbos Concludes 9:10pm

Parshas Balak  
Haftarah

Numbers 22:2 – 25:9  
Micah 5:6 – 6:9

Chumash pp. 856 - 875  
Chumash pp.1189 - 1190

*We thank our generous sponsors for today's Kiddush*

Debbie & Brian Sher and Rachael Pevnick in celebration of the birth of Zoey Madeline, their new granddaughter and great-granddaughter, and in loving memory of Ted Pevnick<sup>z"l</sup>

## Prayer

### Shabbos, Friday, July 15

- 7:00 pm Mincha, Kabbalat Shabbat, Ma'ariv
- 8:07 pm Candle Lighting

### Shabbos, Saturday, July 16

- 9:00 am Shachris followed by Musaf  
Sermon: **Rabbi Ze'ev Smason**
- 9:15 am Learners' Service with **Rabbi Yosef David** (downstairs)
- 10:00 am Kids' Program (downstairs)
- 10:15 am "Starting Points" with **Rabbi Ze'ev Smason** (downstairs)
- 7:45 pm Mincha, Shalosh Seudos, D'var Torah, Ma'ariv
- 9:10 pm Shabbos concludes



### Minyan Times July 14 – July 23, 2022

	Thu Jul 14	Fri Jul 15	Shabbos Jul 16	Sun Jul 17*	Mon Jul 18	Tues Jul 19	Wed Jul 20	Thu Jul 21	Fri Jul 22	Shabbos Jul 23
Shachris (am)	7:00	7:00	9:00	8:00	7:00	7:00	7:00	7:00	7:00	9:00
Mincha/Ma'ariv (pm)	7:00	7:00	7:45	7:50	7:00	7:00	7:00	7:00	7:00	7:40

\*Fast of Tammuz: Fast begins 4:39 am and concludes 9:06 pm

### The Three Weeks – Begins on Sunday, July 17 (Fast of Tammuz)

The Three Weeks is an annual period of mourning that falls in the summer. This is when we mourn the destruction of the Holy Temple and our launch into a still-ongoing exile. Certain restrictions of mourning such as not listening to music ensue. The period begins on the 17<sup>th</sup> day of the Hebrew month Tammuz, a fast day that marks the day when the walls of Jerusalem were breached by the Romans in 69 C.E.

The Three Weeks reaches its climax and concludes with the fast of the 9<sup>th</sup> of Av, the date when both Holy Temples were set aflame. This is the saddest day of the Jewish Calendar, and it is also the date that many other tragedies befell our people.

# Congregation News

## Mazel Tov on Simchas This Week! July 17 – July 23, 2022

### Happy Birthday

Danny Sallis	July 17	Larry Freistein	July 23
Brian Feit	July 19	Sandy Kahn	July 23
Charlene Kass	July 20		

### Happy Anniversary

Brian and Debbie Sher July 20



## GLOW OF SUCCESS – Rabbi Uri Lati and NHBZ

Inspiring. Insightful. Thought-provoking. **Rabbi Uri Lati** shared his wisdom and humor (for those in attendance, by using his voice!) with great enthusiasm. He exhibited an obvious love for what he does, and a genuine interest in connecting with those around him.

Again, we thank our generous hosts and sponsors of Rabbi Lati's visit, **Zev & Arin Rosenberg**. We also have them to thank for bringing in our Special Guest Chef, **Joshua Weisel**. Thank you, Josh, for the delicious lunch (and your flexibility). Thanks goes to **Boris Yasinev** for serving as Mashgiach.

Seeing so many of you for the first time in quite a while was the icing on the cake. Thanks to all members and guests who attended this wonderful weekend event, in honor of **Boris Yasinev's** birthday, and the Yahrzeit of **Goldie Rickerman**. May her memory be a blessing.

## Goldie Rickerman Monument Dedication, Sunday, July 17, 10:00 a.m.

The monument dedication for Goldie Rickerman<sup>a</sup> will take place at Chesed Shel Emeth, 7550 Olive Street Road, University City, 63130. May our prayers be a comfort to her family.

## Events

### Coming Soon

- Weekend of Shabbos, July 29 – Save the Date! Rabbinic Search Candidate at NHBZ
- Sunday, July 31 – Lion's Den Reopens: All You Can Eat Pizza Night (see flyer)

### On-Going

- Online Classes – See listing on Page 5
- Every Shabbos – Learners' Service, 9:15 am (downstairs)
- Shabbos Morning Kids' Program, 10:00 am (downstairs)
- Starting Points, 10:15 am (downstairs)
- Sunday Mornings, after Shachris – Mishna learning with Rabbi Swidler
- Mondays, 7:40 pm – St. Louis Kollel Amud-A-Week (after davening)
- Wednesdays, 12:15 pm – Pirkei Avos Class with Rabbi Smason (see page 5)

## DID SOMEONE SAY PIZZA? – Sunday, July 31, 4:30 – 6:30 pm

All you can eat Pizza Night RETURNS! Please join us for the reopening of the Lion's Den. Pizza, pasta, salad and more!

Fun and food for the whole family.

Adults \$15; Kids 4-10 \$7; Kids 3 and under FREE! See flyers for details.

Please stay for davening. We begin at 7:00 p.m.



## The Four Questions

We are very pleased (and thankful that he accepted our invitation!) to introduce:

### **DR. GERALD TULLMAN**

"My wife, Gail, and I were both born in St. Louis and have lived here all our lives, with the exception of college. We will be married 48 years in September and have two daughters. Laura lives in University City, and Jennifer and her husband, Aviv, live in Tel Aviv. I am a clinical psychologist in private practice. I have been a big sports fan all my life, and especially a baseball fan. I am always ready to hear a good joke."

(\*Editorial Remark: Quite tempted to shout, "GO Cubs!" 🙌)

### The Questions:

**1. Who is your favorite Torah personality and why?**

A: Avraham is my favorite Torah personality. As the founding father of Judaism he placed his complete trust in HaShem, without any knowledge of what would become of him and his family. To me this was the ultimate expression of faith.

**2. What is your favorite snack food?**

A: Bananas

**3. Three words that best describe you?**

A: Trustworthy, caring, and intellectually curious.

**4. What inspires you?**

I am inspired by the history of the Jewish people, who have uniquely maintained an unbroken chain of existence/continuity for almost 6000 years, and who for the past almost 2000 years maintained an unshakeable faith that we would return to the land of Israel, which I was blessed to be alive to experience when it occurred.

Thank you, Jerry, for being such a good sport! You knocked it out of the park.

## Rabbinic Search Candidate, Weekend of Shabbos, July 29

Please mark your calendars, and plan to join us July 29–31 for our next Rabbinic Candidate!

Rabbi Chaim Bogopulsky was born in Brooklyn, NY and later moved to Monsey, NY. In Monsey he developed and continues to maintain a close relationship with Rabbi Betzalel Rudinsky, Rov of Congregation Ahavas Yitzchok. He attended Yeshiva Shaar HaTorah in Queens under the leadership of Harav Zelig Epstein ZT"L and YBL"C Reb Kalman Epstein. He studied in Eretz Yeshivas Kodshim under the tutelage of Rabbi Tzvi Kaplan. Upon his return to the States he studied at Beth Medrash Gavoha in Lakewood, NJ. and received his Semicha in 2014. He is also a graduate of the acclaimed Young Israel Rabbinic Training Program as well as the Ner Le'elef Kiruv Training Program.



Rabbi Bogopulsky has served as rabbi of Young Israel of North Bellmore (YINB) since 2015. He brought energy, warmth, and passion, and new learning opportunities for all levels. He created new and dynamic programming for the members of the shul and community at large. His unique ability to care and be concerned for everyone has earned him a special place in people's hearts.

Rabbi Bogopulsky is a licensed Social Worker (LMSW), receiving his Masters in Social Work from LIU. He specialized in substance abuse and worked for three years in a substance abuse clinic working with adolescents and their families. He most recently worked as a school social worker in Mesivta Ateres Yakov (MAY), and at Mesivta of RAMBAM.

Rabbi Bogopulsky is married to Batya and they are blessed with four children, Chava, Devora Leah, Nechama and Yakov. The Bogopulskys are able to relate to members of all ages and religious backgrounds, particularly through their warmth, open house, and hospitality. They appreciate the opportunity to spend Shabbos at Nusach Hari B'nai Zion and they look forward to meeting everyone over the course of their stay.

## Rabbi Smason attending the CUFI Summit

Rabbi Smason will be in Washington, D.C. for the CUFI 2022 Summit from July 17 – 20.

## In the Community

### ● “Time to Come Back” Lecture Series – 2nd Monday of the Month, Noon

Please join us for the next lecture in the collaboration with our friends at the **Crown Center for Senior Living**. We cordially invite you to join **“Crown on the Road”** and **Rabbi Ze'ev Smason** in the Sanctuary (upstairs) at NHBZ, from 12:00 – 1:00 pm, on the second Monday of the month.

August 8: **May You Live Until 120: 6 Keys to Living Long, and Living Well**

September 12: **Seven Steps to Worry-Free Living**

\$10 per class, includes a box lunch (\$3 per class if you choose to forego lunch). Come on out and laugh and learn! Please see flyer for full details and how to RSVP!

### ● Sababa: Jewish Arts and Culture Festival, Sunday, September 18

Mark your calendars, and save the date for Sababa, St Louis' premier Jewish Arts & Culture Festival. For more information or to volunteer, please visit [sababastl.com](http://sababastl.com).

## Youth Programming

### ● Shabbos Morning Kids' Program

NHBZ offers Shabbos morning programs for elementary and middle school students. Programs offered from 10:00 am until Kiddush is served. Families do NOT need to be members of NHBZ to participate. Please join us on Shabbos!

## Learning at NHBZ

### ● Parashas Balak – By Rabbi Smason

This week's portion shifts from the Jewish people's travels in the desert to the story of Bilam, the anti-Semitic prophet who attempted to curse the Children of Israel. Hired by Balak, the king of Moav, Bilam embarks upon a journey to the Israelite encampment. An angel brandishing a sword blocks Bilam's path, causing his donkey to repeatedly swerve off the road. Unable to see the angel, Bilam responds by striking the donkey three times. Miraculously, G-d causes the donkey to speak to Bilam -- shades of Mr. Ed, the talking horse in the 1960's TV show! Bilam's eyes are uncovered, and the humiliated prophet sees the angel standing in the path. The angel reminds Bilam that he may only speak the words that G-d places in his mouth. Upon arrival near the Jewish camp, Bilam repeatedly attempts to curse the people; each time G-d prevents him from doing so, but instead he ends up uttering several sets of praises, much to Balak's dismay. The Torah portion concludes with the Jewish men's debauchery with the promiscuous daughters of Moav and Midian, and the public immoral act of Zimri (a prince of the tribe of Simeon) with a Midianite princess. Pinchas, Aaron's grandson, zealously responds by piercing them to death with a spear, halting a plague from G-d which had broken out in the camp.



# Learning at NHBZ (con't)

## ● Rabbi Smason's Starting Points

Join Rabbi Smason for a 45-minute presentation/discussion of relevant, contemporary topics every Shabbos at 10:15 am in the Feigenbaum-Pepose Multi-Purpose Room.

Upcoming topics:

- July 16      How to Be a Modern-Day Mensch
- July 23      Finding Your Inner Compass



## ● Rabbi Smason's Wednesday In-Person Class

Pirkei Avos / Ethics of the Fathers: Feed your soul 45 minutes of spiritual nourishment from the timeless wisdom of our Sages, chock full of relevant, contemporary insights and lessons. Low-calorie, gluten free, and refreshing!

## ● Rabbi David's Learners' Service

Every Shabbos at 9:15 am. Just starting out? No worries. Rabbi David teaches the basics of Shabbos prayers.

## ● Rabbi Smason's Shabbos Shoutout

The complete list of Shabbos Shoutouts, with most recent listed first, can be found at [https://www.youtube.com/playlist?list=PLI\\_MFI0zsmKlImpR3KpHROrHDWIDNbqsN](https://www.youtube.com/playlist?list=PLI_MFI0zsmKlImpR3KpHROrHDWIDNbqsN)



## NHBZ Online Classes

Rabbi Ze'ev Smason will keep you connected during this challenging time. The classes listed below are easy to join and you can drop in on one without having previously attended. All classes are offered through Zoom video conferencing on your computer or smart phone (you do not need to download the Zoom application to see the class) AND through audio only on your telephone.

### Instructions to Attend Classes

**For audio** through your telephone, connect in one of two ways:

1. *Preferred option* - Call 312-626-6799 which connects you to the ZOOM audio number and will enable you to participate fully, except for the video. Toll Free.
2. Or call 314-325-8791 for our old audio connection. We encourage you to use the *preferred option* since this way might become unavailable soon.

**For Zoom video**, each class has a Zoom link shown underlined in blue below. Click or tap on the link or copy and paste the link into your browser to join the class.

### List of Rabbi Ze'ev Smason's Zoom Classes

1. Weekdays, 8:15 am (Sun 9:15 am) ~ New topic "Tehillim Tips: Insights Into Our Prayers". Sessions are approximately 30 minutes.  
Zoom video link: <https://zoom.us/j/99013706617>
2. Monday thru Friday, 3:00 pm - 3:30 pm ~ "King Solomon: His Wisdom, Wealth and Wives".  
Zoom video link: <https://zoom.us/j/136785930>
3. Fridays, 8:15 am ~ Discussion of the "Haftorah of the Week"  
Zoom video link: <https://zoom.us/j/99013706617>



# THE SISTERHOOD SCOOP

## JULY 16



Volume 5

Number 28

17 Tammuz 5782

July 16, 2022

## Memory and Hope

**“Those who carry with them the heritage of the past are those who can face the future without fear.”**

– Rabbi Lord Jonathan Sacks, 'Optimism to Hope'



## Remember the Past, But Don't Be Held Captive by It

Judaism is a religion of memory. The verb *zachor*, remember, appears no fewer than 169 times in the Hebrew Bible. “Remember that you were strangers in Egypt”; “Remember the seventh day to keep it holy”. Memory, for Jews, is a religious obligation. This is particularly so at this time of the year. The “Three Weeks” lead up to the saddest day in the Jewish calendar, *Tisha B'Av*, the anniversary of the destruction of the two Temples, the first by King Nebuchadnezzar of Babylon in 586<sup>BCE</sup>, the second by Titus in 70<sup>CE</sup>. Jews never forgot those tragedies. To this day, at every wedding we break a glass in their memory. During the Three Weeks, we have no celebrations. On *Tisha B'Av* itself, we spend the day fasting and sitting on low stools like mourners, reading the Book of Lamentations. It is a day of profound collective grief.

Two and a half thousand years is a long time to remember. Often I am asked – usually about the Holocaust – is it really right to remember? Should there not be a limit on grief? Would not the world be more peaceable if once in a while we forgot perceived injustices of the past?

My answer is both yes and no, for it depends on how we remember.

Though the two are often confused, memory is different from history. History is someone else's story. It's about events that occurred long ago to someone else. Memory is my story. It's about where I come from and of what narrative I am a part. It is about identity and the connection between the generations. In the case of collective memory, it all depends on how we tell the story. We don't remember for the sake of revenge. “Do not hate the Egyptians,” said Moses, “for you were strangers in their land.” To be free, you have to let go of hate. Remember the past, says Moses, but do not be held captive by it. Turn it into a blessing, not a curse; a source of hope, not humiliation.

The Holocaust survivors I know spend their time sharing their memories with young people, not for the sake of revenge, but its opposite: to teach tolerance and the value of life – to remember for the future and for life.

In today's fast-moving culture, we undervalue acts of remembering. Computer memories have grown, while ours have become foreshortened. Our children no longer memorize chunks of poetry. Their knowledge of history is often all too vague. Our sense of space has expanded. Our sense of time has shrunk. That cannot be right. One of the greatest gifts we can give to our children is the knowledge of where we have come from, the things for which we fought, and why.

None of the things we value – freedom, human dignity, justice – were achieved without a struggle. None can be sustained without conscious vigilance. A society without memory is like a journey without a map. It's all too easy to get lost.

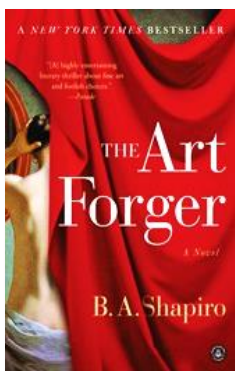
I, for one, cherish the richness of knowing that my life is a chapter in a book begun by my ancestors long ago, to which I will add my contribution before handing it on to my children. Life has meaning when it is part of a story, and the larger the story, the more our imaginative horizons grow.

Besides, things remembered do not die. That's as close as we get to immortality on earth.

(adapted from Rabbi Lord Jonathan Sacks<sup>ZL</sup>)

## NHBZ Book Club News!

The Book Club will be discussing ***The Art Forger***, by Barbara Shapiro, at the **July 25** meeting. The historical novel weaves through three centuries of forgers, art thieves, and obsessive collectors to uncover secrets that lie beneath the 1990 theft of thirteen paintings from the Gardner Museum in Boston. The meeting will be hosted by **Trudy Sudin** at her home in Olivette. **To RSVP and get directions, please email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org) or call Trudy directly.** The discussion will be facilitated by **Joyce Hochberg**.



To help choose future book club selections, host a meeting, or lead a discussion, call us. The Book Club meets on the **fourth Monday of odd-numbered** months at 7:15-8:45 PM. *We welcome all interested women to join us.*

**Remaining dates for 2022: Sept. 19, Nov. 28**

For more information, contact **Fran Alper** at 314-993-4024 or [fran.alper@outlook.com](mailto:fran.alper@outlook.com), or email [sisterhood@nhbz.org](mailto:sisterhood@nhbz.org).



NHBZ.ORG

314-991-2100

Nusach Hari  
B'nai Zion



# The Lion's Den

KOSHER

## Pizza Night

**ALL YOU CAN EAT BUFFET**

Includes Pizza, Pasta, Salad and Garlic Bread plus a Dessert and a Beverage

# Returns!

Ya  
Know  
What's  
GOOD?

**NHBZ PIZZA NIGHT**

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**NHBZ PIZZA NIGHT**

NUSACH HARI B'NAI ZION • 650 NORTH PRICE ROAD • ST. LOUIS MISSOURI 63132

## Sunday, July 31<sup>st</sup> 4:30-6:30 pm

**Dine-In Buffet • Adults: \$15.00 ~ Kids 4-10: \$7.00 ~ Kids 3 & under: FREE**

Cheese is Cholov Yisroel; pareve crusts available upon request. All food under the supervision of Rabbi Ze'ev Smason.



Gladys & Henry  
**crown**  
center  
for Senior Living



crown  
on the  
road

**Crown Center & Nusach Hari B'nai Zion Synagogue**  
**present a Crown on the Road speaker series**

# Time to Come Back



*With Rabbi Ze'ev Smason*

*The Second Monday of the Month*

**JULY 11**

You Could Die Laughing:  
What is the Humor in Jewish Jokes?



**AUG 8**

May You Live Until 120:  
6 Keys to Living Long, and Living Well

**SEPT 12**

Seven Steps to Worry-Free Living

**12:00–1:00pm**

**NHBZ Sanctuary**

**\$10 per class Includes**  
**Vaad Approved Kosher Dairy**  
**Boxed Lunch from**  
**Circle@Crown Cafe**

**Call**

**314-991-2055**  
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**FUN**

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